



Friendship Heights

VILLAGE NEWS

SEPTEMBER 2017 VOLUME 33, NO. 9 www.friendshipheightsmd.gov 301-656-2797



NGA's East Building
Tour, page 5

Washington Post editor discusses the state of the presidency

Washington Post Editorial Page Editor Fred Hiatt will speak at the Village Center on **Thursday, Oct. 5, at 7:30 p.m.** The title of his presentation is "The State of the Presidency and the Role of Opinion Journalism in the Age of Trump."

Mr. Hiatt writes editorials and a regular column for the newspaper and contributes to the PostPartisan blog. He has been with The Post since 1981, where he has covered local and statewide issues in Virginia, government, politics, the military and national security affairs on the paper's national staff. He joined the editorial board in 1996 and became editorial



page editor in 2000.

Please let us know if you plan to come by calling 301-656-2797.

Vision Support Group: September is Falls Prevention Awareness month

The Village Center's own Tonya Walton will be the featured speaker at the Vision Support Group's meeting at the Center on **Thursday, Sept. 28, from 10:30 to 11:30 a.m.** (please note the new time).

According to the CDC, exercise and physical activity benefit individuals of all abilities. People with vision problems may have a few challenges getting exercise and making it part of their daily lives. Tonya will provide information and motivational strategies to enhance safety and quality of life.

Tonya Walton has been an

instructor at the Village Center for more than 10 years. She currently teaches three classes at the Center, including a Balance and Falls Prevention class on Tuesday afternoons. She is a personal trainer with National Strength Professionals



Association, a certified "Brains & Balance Past 60" instructor, and a certified Flex instructor. Tonya is also co-owner of UPISA, a fitness

A mule-drawn barge ride and Irish Inn luncheon

Take a trip back in time to the 1870s! Ride along the historic C&O Canal in a barge pulled by mules. Experience rising 8 feet in a lock. Hear park rangers in period clothing describe what life was like for the people who lived and worked floating on the canal. Join us on **Friday, Sept. 22**, for this fun trip, followed by lunch at the Irish Inn in Glen Echo.

We'll depart from the Village Center at 9:45 a.m. and should return by 2:30 p.m.

Our menu features potato leek soup, salad, choice of shepherd's pie, chilled poached salmon or grilled vegetable primavera, coffee,

Continued on page 5, see Canal

management and consulting company specializing in wellness and exercise programs for local businesses and individuals. She is a graduate of Virginia Tech with two B.S. degrees in Exercise Science and Biology.

Come and enjoy bagels and coffee and conversation. The Vision Support Group is facilitated by low vision advocate Janet Morrison, a Village resident who has influenced the growth of vision rehabilitation services throughout the metropolitan area. You don't have to have poor sight to participate, but you do need to register by calling 301-656-2797.


Village Council Vacancy, see page 3


Tea and Talk: laughing in the library

Roz Warren is a humorist who also works at the circulation desk of the Bala Cynwyd Library in suburban Philadelphia. Come and enjoy her behind-the-scenes tales of life at the local library at the Village Center on **Monday, Sept. 25, at 2 p.m.**

Ms. Warren writes for the Funny Times, the New York Times, the Philadelphia Inquirer, the Christian Science Monitor, the Jewish Forward, Reader's Digest and the Huffington Post. She has been featured on both the Today Show and Morning Edition and is the editor of the ground-breaking "Women's Glib" humor collections. She is the author of 14 books, some of which will be available for purchase.

After the program, please stay for tea. Please let us know if you plan to come by calling 301-656-2797.


MORRISON
 COSMETIC DENTISTRY



"Dr. Morrison won us over with compassion, communication, patience, and the highest quality dental care."

A Smile Above the Rest!

For over twenty years, Dr. Eric Morrison has provided a full spectrum of family, general, and cosmetic dental services.

Lifetime Whitening
only \$99
with commitment to regular visits!

5454 WISCONSIN AVE., NW | SUITE 1505 | CHEVY CHASE, MD 20815

301-637-0719

DrEricMorrison.com

Tea and Talk: the reopening of the NGA's East Building

Art historian Joan Hart will present a lecture on the renovation of the National Gallery of Art's East Wing at the Village Center on **Thursday, Sept. 7, at 1 p.m.**

Ms. Hart will discuss the exciting new spaces and provide an introduction to the East Wing's comprehensive collection, beginning with the Impressionist Monet and ending with the works of current artists.

Joan Hart is executive director of Museum One, Inc., an arts outreach service, and teaches at various community sites in the area. After the program, please stay for tea; call 301-656-2797 to reserve a seat. And don't miss Ms. Hart's guided tour of the East Building on Thursday, Sept. 14 (see page 5 for details).



Friendship Heights VILLAGE NEWS

www.friendshipheightsmd.gov

Email: info@friendshipheightsmd.gov

The Village News is a publication of the Village Council, the elected governing body of the Special Tax District of the Village of Friendship Heights, 4433 South Park Avenue, Chevy Chase, MD 20815, 301-656-2797. The newsletter is produced through the cooperative efforts of volunteers, Council members, and Village staff.

ADVERTISING

The deadline for reserving space for the October issue is Sept. 5. For suggestions about news items or information on advertising rates, call 301-656-2797. Acceptance of advertising does not represent endorsement by the Village of Friendship Heights for any product or service, nor is the Village of Friendship Heights responsible for representations made by advertisers.

FOUNDER

Martin Kuhn

EDITORIAL STAFF

Melanie Rose White
Volunteer Editor

Anne Hughes O'Neil
Staff Writer, Layout, Advertising

Jennie Fogarty
Staff Writer

FRIENDSHIP HEIGHTS VILLAGE COUNCIL

Melanie Rose White
Mayor

Kathleen G. Cooper
Treasurer

Michael J. Dorsey
Chairman

Carolina Zumaran-Jones
Parliamentarian

John R. Mertens
Vice Chairman

David O. Lewis
Historian

Paula J. Durbin
Secretary

VILLAGE MANAGER
Julian P. Mansfield

Village Council Update

Council member David Lewis resigns

Village Council member David Lewis and his family are moving out of the Village to a new home. Consequently, he resigned from the Council effective August 27.

David joined the Council in 2015 and was re-elected in 2017. He served as Council Parliamentarian, Historian, and as Council liaison to the Community Advisory Committee. On behalf of the Council, special thanks to David for his service to the community!



Announcement of Council vacancy

Notice is hereby given that the Village Council invites applications for the position of Council member to fill Mr. Lewis's unexpired term. Applicants must be registered and qualified voters and reside in the Village.

A statement of interest, indicating the applicant's experience, needs to be submitted to Julian Mansfield, Village Manager, 4433 South Park Avenue, Chevy Chase, Maryland 20815, or emailed to jmansfield@friendshipheightsmd.gov. Deadline for receipt of applications will be 5 p.m., Tuesday, September 26, 2017.

The Council will review the applications and determine if and when interviews will be scheduled. If the Council decides to make a recommendation to fill the vacancy, the recommendation will be sent to the Montgomery County Council, which, per our charter, will make the final decision.

Any person approved by the County Council will serve until the May 2019 election.

Shredding truck returns in October

The Shred-it truck will park on Friendship Boulevard, next to the Village Center, on **Wednesday, October 11, from 5 to 7 p.m.** Residents are invited to bring paper materials for shredding. *This service is available for Village residents only.*



MVA bus unveils new look

The MVA bus has a new outer wrap on both sides, as shown in the photo below. The bus comes to the Village once a month on Friendship Boulevard from 10 a.m. to 2 p.m. All of the services provided at the MVA Express Offices are available on the bus, including renewing



driver's licenses, renewing vehicle registrations, renewing MD photo identifications, obtaining disability placards and returning tags. The schedule for the rest of 2017 is as follows: Monday, September 25; Monday, October 30; Monday, November 20; and Monday, December 18.

New roof for bus shelter by Center

Over the years the roof of the bus shelter on Friendship Boulevard by the Village Center has become difficult to maintain. The shelter was originally donated to the Village in 2004 by the family of Ilse Hess in her memory. Ilse was a beloved Village resident and volunteer. The family is also covering the cost of the replacement roof. Our thanks to Marion Lewin, Ilse's daughter, and her extended family for their tremendous generosity.



There was no Council meeting in August. The next meeting will be Monday, September 11, at 7:30 p.m. in the Village Center. The meeting is open to the public.

The Tech Mensch

Ari Fisher



HOME TECH SUPPORT

Mac • PC • iPhone • Printers • Tutoring

(202) 262-5378

ari@thetechmensch.com



Support for Mac
and PC systems



iPhone and
tablet help



Computer help
for all ages



Photo
management

Contact Ari to schedule an appointment

www.thetechmensch.com (202) 262-5378



Tea and talk: combining humor and serious elder law issues

Cathy Sikorski, elder lawyer as well as caregiver for more than two decades for seven different family members and friends, and author of "Who Moved My Teeth?" will lead a conversation at the Village Center on **Monday, Oct. 2, at 1 p.m.**, about the important tools for planning for our own and our loved ones' futures.

Ms. Sikorski's combined legal expertise and humor has made her a sought-after speaker and a frequent guest on radio programs and podcasts. She also writes for The Huffington Post. Her first book, "Showering with Nana: Confessions of a Serial Caregiver," addressed the complex issue of caregiving. "Who Moved My Teeth?" discusses everything from obtaining a power of attorney to preparing a living will. After the program, please stay for tea; call 301-656-2797 to reserve a seat.



Nancy Mellon *Realty*

WEBSITE: www.nancymellonrealty.com

WHERE? EVERYWHERE.

Sales & Purchases & Rental Management
Condominium, Home and Townhouse

BETHESDA CHEVY CHASE ROCKVILLE POTOMAC KENSINGTON
SILVER SPRING GAITHERSBURG MARYLAND WASHINGTON, DC

301-951-0668

4500 N Park Ave., Suite 804N



BUY / SELL / RENT

Your Neighborhood Real Estate Specialists

ON THE GO...



Tour the NGA's East Building

Enjoy a tour of the renovated spaces of the National Gallery's East Building on **Thursday, Sept. 14** with art historian and guide Joan Hart. Explore the many works in the NGA's comprehensive collection of modern and contemporary art. Following our tour, you'll have time to walk around and have lunch on your own.

We will leave the Village Center at 9:45 a.m. and return before 3 p.m. The cost of the trip is \$40, which includes the tour, transportation and driver gratuity.

Be sure to attend Ms. Hart's lecture at the Village Center on Sept. 7 (see page 2 for details).

Canal, continued from page 1

tea or a soft drink. The cost is \$78, which includes transportation, barge ride, lunch and gratuities. Sign-ups begin immediately at the Village Center. The deadline is Sept. 14. There are 29 spaces available.

Please note this trip requires a one-quarter-mile walk from the bus to the barge.



PC .HLP

Pronounced PC HELP

For Home and Small Office Users

Supporting the Windows® Operating System

In business since 1990

Friendship Heights Resident

References available

Hourly Rates

HENRY S. WINOKUR

301-320-2104

pc.hlp@verizon.net

YES! We make house calls.

Beautiful Smiles for a Lifetime...



Restorative and Cosmetic Dentistry

Crowns | Bridges | Dentures | Partial Dentures |
Implant Restoration | Fillings | Sleep Apnea |
Bruxism | Nightguards | Preventive Care

Bethesda Chevy Chase Advanced Dentistry

George Gotsiridze DMD
5454 Wisconsin Avenue, Suite 1350
Chevy Chase, MD 20815
(301)652-1545

www.bethesdachevychasedentistry.com

GetWell Rehabilitation, LLC

orthopedic | neurological | aquatic

Physical Therapy Office & Ideal Protein Weight Loss Clinic

Friendship Heights Village at the Elizabeth Arcade

- **ONLY PRIVATE 1:1 SESSIONS** with licensed PT
- **Ideal Protein Certified Weight Loss Clinic** with 1:1 coaching
- Expert manual therapy: myofascial release, cranial sacral therapy, dry needling, PT massage
- Orthopedic injuries, neurological disorders, chronic disease
- Focus on hands-on care

Friendship Heights

4601 N Park Ave., #10C
Chevy Chase, MD 20815

Free Garage Parking Elizabeth Arcade



phone **301-654-9355** | info@getwell-rehab.com

www.getwell-rehab.com  find us on facebook

PLAYING on the BIG SCREEN

All movies begin at 7 p.m.

Thursday, Sept. 7, 7 p.m. — Movie—“My Cousin Rachel”— Philip is a young Englishman who finds his cousin Ambrose dead after traveling to Florence, Italy. He blames Ambrose’s missing wife Rachel and vows revenge. But he soon finds himself falling for her seductive charm and beauty. As his obsession for her grows, Rachel now hatches a scheme to win back her late husband’s estate. Rated PG-13. Running Time: 106 minutes.

Thursday, Sept. 14, 7 p.m. — Movie —“Snatched”— When her boyfriend dumps her before their exotic vacation, a young woman persuades her ultra-cautious mother to travel with her to paradise, with unexpected results. Stars Goldie Hawn and Amy Schumer. Rated R. Running time: 90 minutes.

Thursday, Sept. 21, 7 p.m. — Movie—“Certain Women”—Three strong-willed women strive to forge their own paths amidst the wide-open plains of the American Northwest. Stars Michelle Williams, Laura Dern and Kristen Stewart. Rated R. Running Time: 107 minutes.

Thursday, Sept. 28, 7 p.m. — Movie —“Beatriz at Dinner”— Beatriz, an immigrant from a poor town in Mexico, is a health practitioner in Los Angeles. Doug Strutt is a cutthroat, self-satisfied billionaire. When these two opposites meet at a dinner party, their worlds collide and neither will ever be the same. Stars Salma Hayek and John Lithgow. Rated R. Running Time: 94 minutes.

Personal Computer Coach

In-home computer training for women

Cheryl Morris

Phone: (240) 994-2921

E-mail: personalcomputercoach@att.net

www.personalcomputercoach.com

Convenient*Flexible*Personalized
Gift Certificates Available



SENIORS ARE PROUD TO

Call Us Home

At Brighton Gardens of Friendship Heights, you can always expect:

- Exceptional, relationship-based care
- Dedicated Designated Care Managers for each resident
- Beautifully appointed living spaces and delicious home-cooked meals
- Vibrant social activities designed to engage mind, body and spirit
- Safe, secure and comfortable neighborhoods for seniors experiencing memory loss
- Peace of mind in knowing that we can meet your changing needs

Brighton Gardens of Friendship Heights

5555 Friendship Boulevard

Chevy Chase, MD 20815

301-656-1900

BGFriendshipHeights.com

Call today to
schedule a
complimentary
lunch and tour:
301-656-1900



ART and CULTURE

Somerset Artists return in September

The Town of Somerset Artists will exhibit in Friendship Gallery this month. This group of painters, printers, sculptors and craftsmen, several of whom are award-winning, most recently exhibited at the Waverly Street Gallery in Bethesda.

The exhibit runs from Sept. 4 to 30. All are invited to meet the artists at a reception on **Sunday, Sept. 10, from 11:30 a.m. to 1:30 p.m.** Exhibit hours are Monday through Thursday, 9 a.m. to 9 p.m., Friday, 9 a.m. to 5 p.m. and Saturday and Sunday, 9 a.m. to 2 p.m. Art in the auditorium is occasionally not available for viewing because of activities in that room; check with the front desk receptionist when you arrive. Please note that all sales of art are final.



**"hop-scotch" by
Judith Baldinger**

The Village Book Club will meet on **Tuesday, Sept. 19, at 11 a.m.** The book selection is "Saving Sophie" by Ronald Balson. Look for a copy in the Center Reading Room in the "Village Book Club Selections" bookcase.

**Dr. Michael Gittleson
Podiatrist
The Barlow Building**

**5454 Wisconsin Ave. Suite 1250
Chevy Chase, MD 20815
301-986-4900**

Medicine/Foot Surgery Early Morning Hours

Nancy Mellon Realty

OUR FEATURED LISTINGS:

FOR SALE

The Willoughby of Chevy Chase

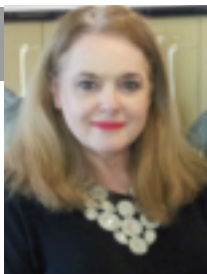
Unit 2018S 1 BR/1 BA with parking
\$279,900

Unit 1407S 1 BR/1 BA with parking
Balcony, South Facing View
High-End Renovated Kitchen
\$349,900

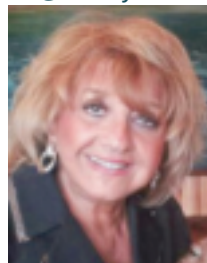
Unit 2403N 2 BR/2 BA with balcony & parking
\$519,900



SALES



Janis Wilson 301 213-9377
janiswilson@nancymellonrealty.com



Frانيا Block 301 219-3333
frania@nancymellonrealty.com

FOR RENT

The Willoughby of Chevy Chase

JR 1BR - renovated with private terrace
\$1475

1BR w/pkg - sunny, end unit
\$1850

1BR w/pkg - Fully furnished
\$2200

2BR/2BA w/pkg - With balcony
\$2200

3BR/2BA/BALCONY - sunny, low floor,
new flooring - \$3000

3BR/2BA/BALCONY - fully renovated,
new carpeting - \$3300

RENTALS



Call Today for Details & Availability

We have a rotating inventory of 1-2-3 bedroom condominiums & studios/efficiencies

4500 North Park Ave. 804N, Chevy Chase, MD 20815 ph: 301 951-0668

Friendship Heights
Village Center




Calendar
of Events

2017

S E P T E M B E R						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

<p>A Note from the Program Directors</p> <p>As a courtesy to our speakers, authors and performers—</p> <ul style="list-style-type: none">• Turn off cell phones• Do not take food or drink into the auditorium• Arrive on time for all events• Unless it is an emergency, please stay until the conclusion of the program. It is distracting to others in the audience and insulting to the presenters when people walk out. Plenty of time to catch the shuttle bus will always be provided.					<p>1</p> <p>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events</p>	<p>2</p> <p>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs Farm Market 9:30 a.m.: Photography for Children (make-up class) 10:30 a.m.: Basic Photography (make-up class)</p>
<p>3</p> <p>9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p>4</p> <p>Labor Day Center Open 9 a.m. to 2 p.m. 10 a.m.: Great Books</p> <p>Shuttle bus runs on weekend schedule</p>	<p>5</p> <p>8:15 a.m.: Walking Club 12 – 4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Fall Prevention 2 – 4 p.m.: Nurse Specialist 3 - 4 p.m.: Tea</p>	<p>6</p> <p>10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess group 5:30 p.m.: Community Advisory Committee Mtg. 7 p.m.: Concert: Rock Creek</p>	<p>7</p> <p>8:15 a.m.: Walking Club 11 a.m. - 4 p.m.: Village Playtime 1 p.m.: Tea and Talk: Joan Hart on the East Wing 6:45 p.m.: Acrylic or Oil 7 p.m.: Movie: My Cousin Rachel</p>	<p>8</p> <p>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Balance, Movement and Memory</p>	<p>9</p> <p>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs Farm Market 9:30 a.m.: Photography for Children 10:30 a.m.: Basic Photography</p>
<p>10</p> <p>9:10 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers 11:30 a.m. – 1:30 p.m.: Art Reception</p>	<p>11</p> <p>9:30 a.m.: Tai Chi Intro. 10 a.m.: Great Books 12:30 p.m.: Bridge Club 1 p.m.: Strength Training 7:30 p.m.: FRIENDSHIP HEIGHTS VILLAGE COUNCIL MEETING</p>	<p>12</p> <p>8:15 a.m.: Walking Club 12 – 4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Fall Prevention 2 p.m.: Speech Therapy and Support Group 2 – 4 p.m.: Nurse Specialist 3 - 4 p.m.: Tea 6:30 p.m.: Pilates</p>	<p>13</p> <p>9:30 a.m.: Tai Chi Ongoing 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess group 1 p.m.: All in the Eyes 1 p.m.: Suburban Lecture: Diabetes 5:30 p.m.: Program Advisory Committee Mtg. 7 p.m.: Concert: PEAR</p>	<p>14</p> <p>8:15 a.m.: Walking Club 9:45 a.m.: Depart for the NGA East Wing 11 a.m. - 4 p.m.: Village Playtime 11 a.m.: Still Life and Beyond 6:45 p.m.: Acrylic or Oil 7 p.m.: Movie: Snatched</p>	<p>15</p> <p>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Balance, Movement and Memory 1 p.m.: Abstract Painting</p>	<p>16</p> <p>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs Farm Market 9:30 a.m.: Photography for Children 10:30 a.m.: Basic Photography</p>
<p>17</p> <p>9:10 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p>18</p> <p>9:30 a.m.: Tai Chi Intro. 10 a.m.: Great Books 12:30 p.m.: Bridge Club 1 p.m.: Strength Training 7 p.m.: Café Muse</p>	<p>19</p> <p>8:15 a.m.: Walking Club 11 a.m.: Village Book Club 12 – 4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Fall Prevention 2 – 4 p.m.: Nurse Specialist 3 - 4 p.m.: Tea 6:30 p.m.: Pilates</p>	<p>20</p> <p>9:30 a.m.: Tai Chi Ongoing 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess group 1 p.m.: All in the Eyes No Concert</p>	<p>21</p> <p>8:15 a.m.: Walking Club 11 a.m. - 4 p.m.: Village Playtime 11 a.m.: Still Life and Beyond 6:45 p.m.: Acrylic or Oil 7 p.m.: Movie: Certain Women</p>	<p>22</p> <p>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Balance, Movement and Memory 1 p.m.: Abstract Painting</p>	<p>23</p> <p>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs Farm Market 9:30 a.m.: Photography for Children 10:30 a.m.: Basic Photography</p>
<p>24</p> <p>9:10 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</p>	<p>25</p> <p>9:30 a.m.: Tai Chi Intro. 10 a.m. – 2 p.m.: MVA Mobile Office 10 a.m.: Great Books 12:30 p.m.: Bridge Club 1 p.m.: Strength Training 2 p.m.: Tea and Talk with Roz Warren</p>	<p>26</p> <p>8:15 a.m.: Walking Club 12 – 4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Fall Prevention 2 – 4 p.m.: Nurse Specialist 3 - 4 p.m.: Tea 6:30 p.m.: Pilates</p>	<p>27</p> <p>9:30 a.m.: Tai Chi Ongoing 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess group 1 p.m.: All in the Eyes 1 – 4 p.m.: Flu Shots 7 p.m.: Concert: Ellen Tenenbaum</p>	<p>28</p> <p>8:15 a.m.: Walking Club 10 a.m.: Vision Support Group 11 a.m. - 4 p.m.: Village Playtime 11 a.m.: Still Life and Beyond 6:45 p.m.: Acrylic or Oil 7 p.m.: Movie: Beatriz at Dinner</p>	<p>29</p> <p>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Balance, Movement and Memory 1 p.m.: Abstract Painting</p>	<p>30</p> <p>8:15 a.m.: Walking Club 9 a.m. – 1 p.m.: Twin Springs Farm Market 9:30 a.m.: Photography for Children 10:30 a.m.: Basic Photography</p>

Shuttle bus hours



Monday through Friday 6:40 a.m. to 9:40 p.m.

Saturday and Sunday 8 a.m. to 7 p.m.

Village Center Hours

Monday through Thursday 9 a.m to 9 p.m.

Friday 9 a.m. to 5 p.m.

Saturday and Sunday 9 a.m. to 2 p.m.

Live theater at the Village Center

Enjoy a delightful hour of play reading performances by Seniors on Stage, a group of amateur senior actors in Montgomery County, at the Village Center on **Wednesday, Oct. 4, at 1 p.m.**

The actors will perform staged play readings by local as well as more well-known playwrights (Oscar Wilde and others). Please let us know you are coming by calling 301-656-2797.

Can ya Canasta?

If you are interested in a regular weekly game of Canasta at the Village Center, please call Len and Harriet Belkin in the Willoughby at 301-951-8549.



CLASSES AND CLUBS

PLEASE SIGN UP AT LEAST 48 HOURS BEFORE THE START OF A SESSION. A CLASS MAY BE CANCELED IF IT DOES NOT HAVE A MINIMUM NUMBER OF PARTICIPANTS REGISTERED. PARTICIPANTS MUST PAY FOR THE FULL SERIES — NO REFUNDS AFTER CLASS BEGINS.

All participants in fitness classes, as well as Drop-in Tai Chi and sample classes, are required to sign a liability waiver when they register.

ART, MUSIC AND GAMES

ABSTRACT PAINTING

A 10-week course taught by Joan Samworth, Fridays, 1 to 4 p.m., Sept. 15 – Dec. 1. Bring your existing materials and paper or canvas to first class. For those who have previously taken this class; others may call Joan at 301-346-7238 to discuss. Maximum number is 10. The cost is \$200 for residents; \$215 for nonresidents. Class will not meet Nov. 10 or Nov. 24.

ACRYLIC OR OIL PAINTING

A 10-week course for all skill levels, taught by Doris Haskell, Thursdays, 6:45 to 8:45 p.m., Sept. 7 – Nov. 9. \$60 for residents; \$80 for nonresidents.

ALL IN THE EYES

A 6-week class, taught by Marianne Winter, Wednesdays, 1 to 3 p.m., Sept. 13 – Oct. 18. Ms. Winter, an award-winning artist, photographer and book illustrator, brings a unique and dynamic method of teaching portraiture to her students at the Center. Using photographs and beginning with the eyes, the class will hone the skills of those who want to draw faces. Please bring a pad and pencil or pastel to the first class; some previous experience in drawing is necessary. \$75 for residents; \$80 for nonresidents.

AMERICAN SONGWRITERS

Washington legend John Eaton teaches this series on four of the most influential American composers: "Jerome Kern, The Master"; "The Wit and Wisdom of Cole Porter"; "Harold Arlen, The Wonderful Wizard of Song"; and "George Gershwin,

American Hero." The 4-week course begins Oct. 18. Meets Wednesdays from 2 to 3:30 p.m. Cost is \$80 for residents; \$85 for nonresidents. Fewer than four weeks, \$30 per class. Class ends Nov. 8. A musical performance by Mr. Eaton highlights each session.

BASIC PHOTOGRAPHY

An 8-week course in black and white and color photography for adults, taught by Llewellyn Berry, Saturdays from 10:30 a.m. to 1:30 p.m., Sept. 9 – Oct. 28, \$120. Students will become skilled at using their cameras, understand how to see and use available light and learn about composition and subject selection. Instruction takes place in the classroom as well as out in the field. Students must bring a camera to class; digital cameras are preferred.

BASIC PHOTOGRAPHY FOR CHILDREN

A 6-week course in black and white and color photography, taught by Llewellyn Berry, Saturdays from 9:30 to 10:30 a.m., Sept. 9 – Oct. 21, \$50. The class is open to youngsters 10 years old and older. Students will become skilled at using their cameras, understand how to see and use available light, and learn about composition and subject selection. Students must have a digital camera and a flash drive. Class will not meet Oct. 7.

INTRODUCTION TO AMERICAN MAH JONGG

This 6-week class will introduce players to the basics of Mah Jongg. Fridays, 1 to 3 p.m., Oct. 6 – Nov. 17. Instructor Robin Dinerman will

provide games and cards. Call Robin at 301-942-0546 with questions. \$93 for residents; \$98 for nonresidents (cost includes the materials). For beginners or anyone who wants a refresher. Minimum number of students is 6; maximum is 13. Class will not meet Nov. 10.

STILL LIFE AND BEYOND

A 10-week class, taught by Joan Samworth, Thursdays, 11a.m.— 2:30 p.m., Sept. 14 – Nov. 16. \$200 for residents; \$215 for nonresidents. Maximum number is 14. Participants will provide their own subject matter. Please bring a sketchbook for mixed media (paper over 90 lbs.) The sketchbook will be an integral part of the class. Joan will present various materials, techniques and ideas to inspire original work by each participant.

EXERCISE

BALANCE AND FALL PREVENTION (new name!)

A 6-week class, Tuesdays, 1 to 1:50 p.m., Sept. 5 – Oct. 10. The class will focus on simple exercises that improve overall balance. \$70 for residents; \$75 for nonresidents. Questions? Email instructor Tonya Walton at staraka4u@gmail.com.

BALANCE, MOVEMENT AND MEMORY

A 6-week class, Fridays, 10:30 to 11:30 a.m., Sept. 8 – Oct. 13. Exercises are designed to target balance issues as well as physical strength. Instructor Cheryl Clark is a licensed Physical Therapist Assistant who has been

working on the aging body and its complexities for over 15 years. \$70 for residents; \$75 for nonresidents.

CHAIR EXERCISE

A 6-week class, Wednesdays, from 11 to 11:50 a.m., Sept. 6 – Oct. 11. The class, taught by Tonya Walton, is especially for people who want to tone upper and lower body muscles, as well as improve strength and energy, through chair exercises. \$70 for residents; \$75 for nonresidents.

DC TAI CHI INTRODUCTION

A 6-week class, Mondays, 9:30-10:30 a.m., Sept. 11 – Oct. 16. Taught by internationally recognized Master Nick Gracenin. Study the essentials of traditional Tai Chi and Qigong, and improve balance, circulation, strength and relaxation. Beginners welcome; maximum number is 20. \$70 for residents; \$75 for nonresidents. Visit www.dctaichi.com for more information.

DC TAI CHI ONGOING

A 6-week class, Wednesdays, 9:30 – 10:30 a.m., Sept. 13 – Oct. 18. Taught by internationally recognized Master Nick Gracenin. Study the forms and routines of traditional Tai Chi and enjoy non-competitive interactive partner work. Fundamental training is required; maximum number is 20. \$70 for residents; \$75 for nonresidents. For more information, visit www.dctaichicom.

MAT PILATES

A 6-week session, Tuesdays from 6:30 to 7:30 p.m. (Note change in start time), Sept. 12 – Oct. 17. Pilates movements tone the body from “the inside out” bringing about core-strength, muscle balance and proper spinal alignment. This class is for both beginners and intermediate students. Please check with your physician before signing up; not recommended for pregnant women. Instructor Ginger Russell is certified in Pilates by both PhysicalMind Institute and Powerhouse Pilates. \$85

for residents and \$90 for nonresidents. Please bring a Pilates/yoga mat and bath towel.

STRENGTH TRAINING

A 6-week class, Mondays, 1 to 1:50 p.m., Sept. 11 – Oct. 16. The class, taught by Tonya Walton, focuses on increasing mobility, flexibility, balance, and overall strength. \$70 for residents; \$75 for nonresidents.

YOGA

An 11-week class in Hatha Yoga for beginning and continuing students, taught by Robin Dinerman, host of TV’s Cherryblossom Yoga. Sundays from 9:10 to 10:30 a.m., Sept. 10 – Dec. 10. The session includes semi-strenuous postures, stretches, and coordinated breathing, as well as a quiet period for relaxation and meditation. Wear loose clothing, bring a thick blanket or large towel and mat, and don’t eat for 2 hours before class. \$150 for residents; \$160 for nonresidents. Class will not meet Oct. 1, 8, or Nov. 26.

ONGOING GROUPS

BLOOD PRESSURE SCREENING/ SUBURBAN NURSE

A Suburban Hospital nurse offers free blood pressure screenings Tuesdays from 12 to 4 p.m. The nurse is also available for consultations Tuesdays from 2 to 4 p.m.

CHESS

An informal group plays chess on Wednesdays, 12 to 2:30 p.m., at the Village Center. Call Norm Schiff at 206-713-6079 for more information.

COFFEE AND CURRENT EVENTS

This long-running discussion group meets Friday from 10:30 a.m. to noon.

DROP-IN TAI CHI

Student-led sessions Fridays from 9:15 to 10:15 a.m. Cost is \$3 per class.

GREAT BOOKS DISCUSSION GROUP

Book lovers participate in discussions of works, usually taken from the Great Books series. Meets Mondays from 10 to 11:45 a.m. Contact Jean McNelis at 301-656-6695.

HEALTH INSURANCE COUNSELING

State Health Insurance Program (SHIP), 301-255-4250, provides Medicare beneficiaries of any age with free, unbiased information about their health insurance benefits, guidance and assistance with enrollment, and help solving problems. The services are provided by staff and trained volunteers at the Jewish Council for the Aging.

SPEECH SUPPORT

An aphasia support group facilitated by Susan Wranik, board certified speech-language pathologist, and sponsored by the NIH Suburban Hospital Stroke Program. Open to adults with speech impairment due to stroke, Parkinson’s or dementia, who need help with communication. Meets the second Tuesday of every month from 2 to 3 p.m.

TEA

Village volunteers serve hot beverages, cookies, assorted pastries, and fruit Tuesdays from 3 to 4 p.m.

VILLAGE BOOK CLUB

The book club meets one Tuesday morning a month to discuss books chosen by the group.

VILLAGE BRIDGE CLUB

The bridge club meets every Monday from 12:30 to 3:30 p.m. All are welcome; cards will be supplied.

VILLAGE PLAY TIME

Games, toys and play equipment are set out in the auditorium most Thursdays from 11 a.m. to 4 p.m. Children must be accompanied by a caretaker over age 13.

Continued on page 14, see Classes

CONCERTS

Concerts are held every Wednesday from 7:30 to 8:30 p.m. in Huntley Hall in the Village Center.

Wednesday, Sept. 6 — Rock Creek — Rock Creek plays a mix of folk, rock & jazz crossovers and pop hits from yesterday and today and features Ayanna Gallant, Ford Combs and Marsha Goodman-Wood.

Wednesday, Sept. 13 — PEAR — From Adele to Patsy Cline, Stevie Wonder to the Great American Songbook, PEAR DUO performs songs that defined a generation or two and shares stories of the decades they spent on tour. Curtis Brengle and Julie Ragins are the piano/vocal group PEAR DUO. Julie is currently touring with the Moody Blues, and has performed with Sergio Mendes, Bruce Johnston of the Beach Boys, Queen Latifa, and Neil Sedaka. Curtis has performed/recorded with Ray Charles, Sheena Easton, the Pointer Sisters, and among others.

Wednesday, Sept. 20 — No concert

Wednesday, Sept. 27—Ellen Tenenbaum— Pianist

Ellen Tenenbaum is a performing member and head of the Washington Piano Society. She has held concerts at Strathmore Mansion, Georgetown University Hospital, and local community centers. Her program will include works from Beethoven, Chopin, Rachmaninoff and Leroy Anderson.

SICILY

CULTURE, HISTORY, GREAT CUISINE,
ART, BREATHTAKING TOWNS
AN UNFORGETTABLE EXPERIENCE

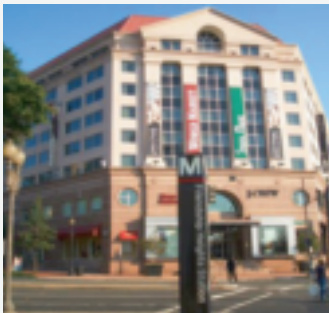
DATES DEC 1-9 2017

LAND ONLY \$3089.00 PER PERSON BASED ON DOUBLE
SINGLE add \$675.00

CALL LAKI AT USA TRAVEL 301 718-8700
LAKI.HALPER@GMAIL.COM

Friendship Heights . . .

Selling a Lifestyle You Can Invest In



TWO CONDOS FOR SALE

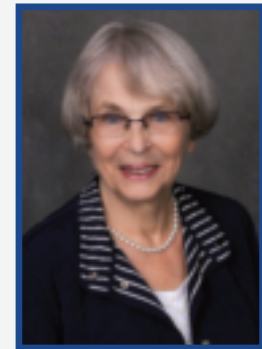
4620 North Park Ave ~ 307W

2BR + Den/BR,, 2.5 BA 1,610 Sq. Ft

4620 North Park Ave ~ 207E

1BR + Den / BR, 1.5BA, 1099 Sq. Ft

I live here! I work here! I love it!



DIRECT: 301-455-9608

ZORICA@ZTOMIC.COM



Delivering exceptional service
and support to help buyers and sellers
find their dream home!



TO YOUR HEALTH

Don't forget your flu shot!

The MedStar Health Visiting Nurses Association will administer flu shots at the Village Center on **Wednesday, Sept. 27, from 1 to 4 p.m.** to anyone nine years old and older. The high-dose version for people 65 and older (Fluzone HD) will be offered again and is covered by Medicare. This dosage has four times the amount of flu virus antigens to give more protection and build greater immunity. Standard flu shots and pneumonia shots will also be available. *Please specify at sign-up if you want the Fluzone HD or standard (ask your doctor if you have questions about the high dose vaccine before you sign up).*

There is no charge for individuals

with Medicare Part B as their primary insurance (not PPO, HMO or Medicare Advantage) — but you must bring your card.

The self-pay cost is \$30 for the standard shots (cash or check payable to MedStar VNA Healthcare). Fluzone HD is \$65 for individuals without Medicare Part B. Pneumonia vaccine is \$100 for Pneumovax and \$200 for Prevnar without Medicare Part B. Check with your doctor about what you need.

VNA does not accept Medicaid or any commercial insurance plans. Registration is a must. Call 301-656-2797 to register.

Learning to manage diabetes

According to the American Diabetes Association, there are about 29 million people with diabetes and 86 million people with pre-diabetes in the U.S. Cynthia Tucker, Suburban Hospital diabetes educator, will discuss practical diabetes management skills and educational resources available for those living with the chronic disease at this month's Suburban health lecture at the Village Center on **Wednesday, Sept. 13, at 1 p.m.**

Please call 301-656-2797 to let us know if you plan to attend.



Our Listings in the Friendship Heights Community

FOR SALE

5600 Wisconsin Ave. #1603
\$2,775,000: 2 BR + Den, 2.5 BA,
Renovated, 2 Balconies; 2,899 SqFt

5600 Wisconsin Ave. #603
\$2,249,000: 2 BR + Den, 2.5 BA,
Views, 2 Balconies; 2,899 SqFt

5610 Wisconsin Ave. #1102
\$2,495,000: 2 BR + Den, 2.5 BA,
Renovated, Balcony; 2,503 SqFt

5610 Wisconsin Ave. #607
\$2,399,000: 2 BR + Den, 2.5 BA,
Updated, 2 Balconies; 2,856 SqFt

5610 Wisconsin Ave. #1503
\$2,195,000: 3 BR, 2.5 BA,
2 Balconies; 3,021 SqFt

5630 Wisconsin Ave. #706
\$1,850,000: 2 BR + Den, 2 BA,
Balcony; 1,814 SqFt



HELLER COLEY REED
OF LONG & FOSTER REAL ESTATE

New condo listings
coming soon.

Call today for details!

LONG & FOSTER
REAL ESTATE



CHRISTIE'S
INTERNATIONAL REAL ESTATE



Zelda Heller, Jamie Coley & Leigh Reed
of Long & Foster Real Estate
Exclusive Affiliate of Christie's International

888.907.6643 Main
240.800.5155 Office

hellercoleyreed@gmail.com
hellercoleyreed.com



Café Muse presents...

This month's Café Muse, on **Monday, Sept. 18**, will feature poets Jennifer Atkinson and Julie Enszer.

Jennifer Atkinson is the author of five collections of poetry: "The Dogwood Tree," "The Drowned City," "Drift Ice," "Canticle of the Night Path," and most recently, "The Thinking Eye." Her poems have appeared in journals including "Field," "Image," "Witness," "New American Writing," "Poecology," "Terrain," "Cincinnati Review," and "The Missouri Review." She teaches in the MFA and BFA programs at George Mason University.

Julie Enszer is the author of four poetry collections, "Avowed," "Lilith's Demons," "Sisterhood" and "Handmade Love." She is editor of "Milk & Honey: A Celebration of Jewish Lesbian Poetry," a finalist for the Lambda Literary Award. She edits and publishes "Sinister Wisdom," a multicultural lesbian literary and art journal, and is a regular book reviewer for "The Rumpus" and "Calyx."

Café Muse opens at 7 p.m. in the Village Center with classical guitar by Michael Davis; readings begin at 7:30. Attending poets are invited to participate in an open reading that concludes the Café Muse program. A sign-up sheet will be available at 7 p.m. Café Muse is presented by The Village of Friendship Heights and The Word Works, a nonprofit literary organization.

Classes, continued from page 11

VISION SUPPORT GROUP

Meets one Thursday a month at 10:30 a.m. for coffee and bagels. Contact Janet Morrison, at 301-538-9358 for details.

WALKING CLUB

Leaves the Center every Tuesday, Thursday and Saturday at 8:15 a.m. for a walk through a nearby neighborhood. Contact Helen Davis at 301-718-6340 for more information.

YIDDISH

Meets Wednesdays at 10:15 a.m. to speak and read in Yiddish. Contact Maurice Singer at 202-362-0883 for details.

To learn more about the proposed redevelopment, get answers, and receive updates, visit the developer's all-new website:

www.5550FriendshipBlvd.com



Paid for by RSH Development, developer of 5550 Friendship Blvd.



A *Washingtonian Magazine* Top Dentist, Dr Marko, as her patients call her is fulfilling her dream of providing her hometown with high quality comprehensive dental care. She has combined the art and science of dentistry with a caring, dedicated team that shares her vision of delivering extraordinary dentistry in a friendly, fun and professional environment.

Having the ability to perform all aspects of general dentistry and surrounding herself with a great team of specialists, assures Dr Marko's patients that their dental needs, ranging from cosmetic and therapeutic botox to routine cleanings, fillings, teeth whitening, crowns, advanced implant therapy, cosmetic make-overs, oral surgical, orthodontic and endodontic treatment, will be performed and managed at the highest levels attainable.

Dr Marko and her team look forward to welcoming you into their dental family!



Despina M. Markogiannakis, D.D.S.
Family, Cosmetic and Implant Dentistry
5454 Wisconsin Avenue, Suite 835
Chevy Chase, MD 20815
www.SmilesOfChevyChase.com
301-652-0656

SAM'S FEATURED LISTINGS



301-404-3280

SamS@LNF.com
samsolovey.com



**SAM SERVES ALL THE CONDO BUILDINGS
IN FRIENDSHIP HEIGHTS!**

LONG & FOSTER
REAL ESTATE

CHRISTIE'S
INTERNATIONAL REAL ESTATE

Office: 202.364.1300



NEWLY LISTED

**THE ELIZABETH
APT 419 – 2BR/2BA**

Prime South Exp – Corner Unit
1,377 Sq Ft w/Balcony
2 Assigned Parking Spaces
Offered at \$479,000



FOR SALE

**THE CARLETON
APT 604 – 2BR/2BA**

Freshly Painted & New Carpeting
1,407 Sq Ft w/Balcony
Assigned Parking Space
Offered at \$650,000



FOR SALE

**THE ELIZABETH
APT 720 – 1BR+DEN/1.5BA**

Mint Condition & 2 Renovated Baths
967 Sq Ft w/Balcony
Assigned Parking Space
Offered at \$325,000



UNDER CONTRACT

**4620 NORTH PARK
Apt 1002W – 2BR/2BA**

Stunning Chef's Kitchen
1,419 Sq Ft w/Balcony
Assigned 2-Car Tandem Parking
Offered at \$569,000



JUST SOLD

**THE CARLETON
706 – 3BR/2.5BA**

Total Renovation – SW Exp
1,896 Sq Ft w/2 Balconies
2 Assigned Parking Spaces
Sold at \$1,349,000



FOR RENT

**THE CARLETON
Apt 911 – 1BR/1BA**

Totally Renovated
Huge Balcony – Amazing Views
Parking Available
\$1,975 Per Month



FOR RENT

**The Willoughby
Apt 1119 South – 1BR/1BA**

Gorgeous Park View
Nearly 900 Sq Ft
Assigned Parking Space
\$1,800 Per Month

Buying or Refinancing a Home?

**Ask me about
the Prosperity Buyer
Advantage™!**

PROSPERITY
HOME MORTGAGE, LLC



Contact me today!

Bryan Lovern, NMLS ID: 1053013

Senior Mortgage Consultant

Cell: (410) 564-8904

Bryan.Lovern@phmlans.com

www.BryanLovern.phmlans.com

All first mortgage products are provided by Prosperity Home Mortgage, LLC. (877) 275-1762. Prosperity Home Mortgage, LLC products may not be available in all areas. Not all borrowers will qualify. Licensed by the NJ Department of Banking and Insurance. Licensed by the Delaware State Bank Commissioner. Also licensed in District of Columbia, GA, MD, NC, PA, SC, TN, VA, and WV. NMLS ID #75164 (NMLS Consumer Access at <http://www.nmlsconsumeraccess.org/>)

©2017 Prosperity Home Mortgage, LLC. All Rights Reserved. (01/17)

Information deemed reliable, but not guaranteed. If your property is listed with another broker, this is not intended as a solicitation of that listing.



GLOSS TIME SALON

**NAILS * WAXING * FACIALS
MASSAGE * MAKE-UP**



Gloss Time is an eco-friendly salon offering unique, and sensory services that is respectful to the well-being of the individual and of the environment. We offer healthier waterless mani/pedi, waxing, facials, massage and make-up services.

* Natural 5-free polishes

* Online booking

* All of our services are available for in home calls at an additional charge.

5423 Friendship Blvd
Chevy Chase, MD 20815

(240) 802-2755

www.glosstimesalon.com



10% OFF
FIRST VISIT

Chevy Chase Florist



We specialize in:
Ecuadorian roses,
Dutch flowers,
and locally-
grown flowers.

Chevy Chase Florist
5415 Friendship Boulevard
Chevy Chase, MD 20815
301-986-0986
www.chevychaseflorist.com



Friendship Heights

VILLAGE NEWS

Friendship Heights Village Center
4433 South Park Avenue
Chevy Chase, Maryland 20815

Like us on Facebook:

www.facebook.com/VillageOfFriendshipHeights

Visit our website:

www.friendshipheightsmd.gov

Email: info@friendshipheightsmd.gov

Phone: 301-656-2797

September 2017 events calendar